

Title: Use of games in Athletic Preparatory

Objective: To compare theory from scholarly literature with practice of trainers in athletic preparatory training in terms of leading a training unit, involving playful activities and arranging them methodically to support development of motoric skills.

Methods: In my study, I used a method of direct, unstructured, and straight observance, and a method of content analysis from the literature list presented.

Results: On the bases of the observance method it was found that the work of observed trainers corresponds, with some exceptions, to the scholarly literature that deals with the issue. Thus a hypothesis was confirmed that involving and methodical setting of playful activities by athletic trainers coincides with common rules of the training unit's structure. This coincidence was reached in 95%.

Keywords: motoric skills, playful elements, sensitive period, versatility, motivation